

\$2.00 Per Year. Five Cents a Copy

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532 533 534 535 536 537 538 539 540 541 542 543 544 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 573 574 575 576 577 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600 601 602 603 604 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 635 636 637 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 654 655 656 657 658 659 660 661 662 663 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 694 695 696 697 698 699 700 701 702 703 704 705 706 707 708 709 710 711 712 713 714 715 716 717 718 719 720 721 722 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 748 749 750 751 752 753 754 755 756 757 758 759 760 761 762 763 764 765 766 767 768 769 770 771 772 773 774 775 776 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800 801 802 803 804 805 806 807 808 809 810 811 812 813 814 815 816 817 818 819 820 821 822 823 824 825 826 827 828 829 830 831 832 833 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 877 878 879 880 881 882 883 884 885 886 887 888 889 890 891 892 893 894 895 896 897 898 899 900 901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 919 920 921 922 923 924 925 926 927 928 929 930 931 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 1000 1001 1002 1003 1004 1005 1006 1007 1008 1009 1010 1011 1012 1013 1014 1015 1016 1017 1018 1019 1020 1021 1022 1023 1024 1025 1026 1027 1028 1029 1030 1031 1032 1033 1034 1035 1036 1037 1038 1039 1040 1

Livestock to Rumania

A third shipment of Canadian agricultural products left Montreal recently, bound for Rumania. It was the window of purchases arranged for by a delegation of Rumanian agricultural leaders during a four-week tour of farms and ranches in central and western Canada last March.

The final shipment included 220 Hereford steers and five bulls from the prairie provinces; 100 Ontario Holsteins, including two bulls from high test dams; 10 Aberdeen Angus cattle, including one bull, from Ontario; 10 Landrace pigs from western Ontario; eight Alberta rams — five Rambouillet, one Columbia and two cross-breds; and two Border Collie sheep dogs, also from Alberta.

In the earlier lots were 880 Hereford steers from western Canada and nine Hereford bulls from Ontario.

The Chinese compiler, *Shih*, was first published in 1887. Seventeen years earlier the first consignment of Chinese New Testament had been delivered to the Congo with the new missionary, David Livingstone, who had chosen to serve in Africa under the influence of Robert Moffat.

One day Robert Moffat was approached by a very worried native. Moffat asked him his trouble and the man said, "My dog has eaten one of the leaves out of my Bible." Moffat replied, "That is a case to repair. I will give you a new leaf to replace the other one." This failed to remove the man's worry for he said, "No, that is not the worst thing. My dog will be of no use, as he will become a lion and kind as all the warriors have become since they read that book."

Only one hundred years have passed since this conversation and the Chinese Bible is still running man's wild spirit.

Suggested Bible Readings
Sunday—Exodus 8-13
Monday—Exodus 10:1-29
Tuesday—11:1-12:12
Wednesday—12:14-28
Thursday—Acts 1:1-14
Friday—Luke 12:13-49
Saturday—Matthew 6:19-34

Sight sneak
A disease of the eyes that creeps up without much warning, is glaucoma, the commonest cause of blindness. The patient may not realize that he has something wrong with his eyes until some form of the disease is really established. Early signs of glaucoma may be detected by the ophthalmologist and that stage it is often possible to control it by proper treatment. Since people over 40 are especially susceptible, periodic examinations by an eye doctor are advisable.

Steel fabricating plant opened
dominion bridge plant.
For the first time in its 70-year history Dominion Bridge Company Limited has established a major new steel fabricating plant in Saskatchewan, located on 23 acres in Regina's new east-side industrial area. The million-dollar Regina Branch, now in full operation, is the company's fifteenth in major centres from coast to coast.

In a brief ceremony June 22nd Saskatchewan Premier T. C. Douglas declared the plant open by starting up one of the large machines, assisted by Mayor Henry Baker, company officials Col. A. H. Cowie, chairman of the board, and B. L. Lacey, general manager of the Regina Branch. Some 200 business men, accompanied by their wives attended the opening and toured the plant's efficient operations. It is considered to be one of the most modern steel fabricating plants in the Canada-wide Dominion Bridge organization.

Saskatchewan firms started construction on the main shop building last fall, worked throughout the winter, and completed the job this spring.

Inside the shiny new steel-fabricating building there are two 60-foot wide aisles 225 feet long, each with double tracks down the middle. There are only two steel columns in the whole of the main shop area, which leaves plenty of room for lifting about by various jibs cranes and from overhead cranes travelling across the shop. Some of the latest equipment has been installed for this plant and about 25 machines are installed, some weighing up to 30 tons.

In winter the plant is warmed by numerous heaters operating on natural gas. Excellent daylight working conditions are provided at floor level by overhead mercury vapour lamps producing an illumination measuring 60 foot candles. Five electrically operated overhead doors provide easy access to the building.

An annex 30 feet wide and 225 feet long along one side of the main shop contains the shop offices, health room, washrooms, locker room, paint stores, tool plate shop, transformer room, electrical repair shop, machine shop, compressor room, and general stores.

As well as fabricating structural steel for bridge and buildings, the new plant offers a complete warehouse steel stock and engineering steel service for inclusion in the province.

The main building represents "stage one" of an overall plan to develop the entire operation in five separate stages, ultimately to include the manufacture of other Dominion Bridge products such as tanks, pressure vessels and other forms of steel platework. Plans developed by Regina architects Black, Larson, McMillan & Associates, have been prepared for future expansion as required. This is estimated eventually to give Saskatchewan employment to around 300 persons. The Regina Branch operates with 90 percent of its present staff of close to a hundred persons hired directly from the Saskatchewan area.

SEEDING COMPLETED IN ONE DAY—When Bert McGill, Oxbow farmer, came out of hospital recently his doctor told him that his heart ailment would prevent him from working on his farm this summer. McGill was determined to put in his crop for him and work the summerfall. This line-up of machinery was used to sow 220 acres and take care of 80 acres of summerfallow. Responding to the bet, organized by retired farmer and former neighbor, W. R. Vankoughnet, were 14 men and their equipment. Cows for the 14 men that day were Mrs. Roy McGill, Mrs. Archie Gibson and Mrs. Percy Davern. (Oxbow district is southeast of Carman, Man.)

QUICK CANADIAN QUIZ

1. Where is the largest library in Canada?
2. What is the average annual cost to the Canadian motorist of gasoline taxes and licence fees?
3. What proportion of Canadian workers are now employed in agriculture?
4. Interest on the federal public debt now costs Canada \$14 million. \$7 million is \$14 million a week.
5. How did London, Ontario, get its name?

Meat substitute
Good substitutes for meat are fish, eggs, cheese and dried beans. Dried beans are economical and can be made into tasty dishes. They are good sources of protein and calories and provide thiamine, niacin and selenium.

Sailor success



Sailor dress—a big hit with the young set. Use remnants of wool or plaid in plain cotton.
Easy-new mid-style with spin-out skirt, star-and-anchor embroidery. Pattern T778, transfer; pattern piece; child's size 4, 6, 8, 10. Size only.
Send 25¢ to: Mrs. J. C. Jones (address cannot be accepted) for this pattern. Print plainly. Name, Address, Pattern Number and send to:
Household Arts Department, Department P.F.L., 60 Front Street, W., Toronto.

For half-sizes PRINTED PATTERN



A deep-decending collar frames you in softest flattery above a slimming skirt. Cool in daytime cottons—elegant in silk—day or night.
Printed Pattern 4704, Misses' Size 12½, 14½, 16½, 18½, 20½, 22½. Size 20½ requires 3½ yards 36-inch fabric.
Printed directions on each pattern page. Pattern enclosed.
Send fifty cents (50¢) in coins (change cannot be accepted) for this pattern. Please print plainly. Size, name, address, 4704, number and send to:
Anne Adams Pattern Dept., Department P.F.L., 60 Front Street, W., Toronto.

AN EXCITED JOCKEY Avelino Gomez, who rode Victoria Park, in an easy victory in the Queen's Plate at Woodbine, joyously tells Governor-General and Mrs. Vautour, "I don't even let him run," during post-race ceremonies. Mrs. E. P. Taylor, holding trophy, looks on. Victoria Park won by eight lengths.



LORD BEAVERBROOK during stop-over at Montreal Airport en route to his home in New Brunswick. His floor from London via TCA jet service.



Cross eyes
A squint or cross eyes often develop in early infancy and the condition should have medical care as soon as noticed, since the earlier treatment is given, the better the chance for success. The child will not undergo a squint operation with the condition clear up by itself.

DISTRIBUTION

Infected tonsils, sinuses or teeth may mean along their impairment to the eyes, causing damage. It is always advisable to have a medical checkup, to have the eyes examined by the medical eye doctor, to ensure that any serious disorder caused by other organs or parts of the body can be discovered, diagnosed and treated.

THE QUEEN holds onto plumed cap at the lava St. George's Chapel on ground of Windsor Castle after officiating at the Order of the Garter service.



(The Dufferin Leader, Carman, Man.)



SEEDING COMPLETED IN ONE DAY

When Bert McGill, Oxbow farmer, came out of hospital recently his doctor told him that his heart ailment would prevent him from working on his farm this summer. McGill was determined to put in his crop for him and work the summerfall. This line-up of machinery was used to sow 220 acres and take care of 80



SAVE A LIFE

A young man rather reluctantly took a St. John "Save a Life" Week class, not really realizing that it was possible to restore life with artificial respiration. A few weeks later, while on his training job, he was able to use his newly gained knowledge in "bringing back to life" a person who had been under water for several minutes and was not breathing when rescued.

During the Springfield Mass. disaster in 1895, when 27 died, a miner, overcome by gas, was revived after five hours of artificial respiration by six other trapped miners. Most of the men had received St. John Ambulance training.



TO ARMY PUBLIC RELATIONS—Lt. W. F. "Bill" Wright

As officer of the Second Royal Canadian Horse Artillery in Winnipeg, has been appointed to the Directorate of Public Relations in Ottawa. Born and educated in Edmonton, he joined the Canadian Army in May, 1901, and completed tours with Artillery units in Camp Fefanawa, Ont. and Camp Shilo, Man. After joining the Winnipeg branch of the Winnipeg Flying Club, he recently purchased an aircraft to pursue hunting and failing national national defense plan.

GENES OF THOUGHT

DIGNITY OF MAN—The dignity of man is vindicated as much by the thinker and poet as by the scientist and soldier.

—James B. Conant as by the extension of God's being.

—Mary Baker Eddy Our dignity is not in what we do, but what we understand. The whole world is doing things.

There is a beautiful hardness about real dignity that never breaks contact and communion with others, however humble.

—Washington Irving The sum of behavior is to retain a man's own dignity without intruding upon the liberty of others.

—Francis Bacon Human rights are on human dignity. The dignity of man is an inviolable right to life and worth.

—Robert M. Hutchins

NAPOLEON—With Uncle Elby—by McBride



OUTDOOR LIVING

Outdoor living has certainly caught the Canadian imagination. On every hand one sees people sitting out in the garden, at roadside picnic sites, in provincial parks, along the highways and highways. Men who wouldn't be seen dead in a feminine apron don chef's cap and white apron and proudly wield fork and tongs as they present burst offerings from the outdoor grill.

A few hints to the fresh air cook can help prevent the burnt offering and produce in its place a delectable golden brown succulent piece of chicken, according to the Poultry Products Institute of Canada.

Flattens for the Outdoor Chef

1. Choking on an outdoor grill should be done over hot embers, not flaming coals or wood. Flames that flare over it is avoided.

2. Grease the grill before using to prevent food sticking.

3. Turn halves or pieces of chicken frequently and baste with melted fat or butter.

4. Barbecue sauces containing great quantities of hot peppers cause chicken to brown rapidly and tend to scorch so should not be used until the last half hour of cooking period. Use butter, oil or a French or Italian type of liquid dressing.

5. Use tongs rather than fork to turn chicken to avoid piercing meat.

6. Paprika used liberally as a sprinkling on chicken aids browning.

7. For additional flavor, marinate chicken for 20 minutes or longer in refrigerator using a barbecue sauce, French or Italian dressing.

8. Allow plenty of time to cook thoroughly, usually 1 to 1½ hours for average sized birds.

9. Chicken is done when the breast feels easily displaced, or meat is fork tender. Avoid puncturing meat frequently since it causes loss of juice.

10. When using a revolving spit follow manufacturer's directions for turning and placing chickens on spit so they are evenly balanced. Baste frequently with barbecue sauce. Cooking time for whole birds on revolving spit is approximately the same as roasting in an oven.

Turn in the road

In the middle drive, it is an idea to give some thought to the time of retirement which will probably take place about 60 or 65. The long leisure days may look attractive from the distance but it may prove a very boring time when there is actually nothing to keep mind and hands busy. Business men and women should consider their favorite studies, handicrafts or hobbies and learn more about keeping them active at least 10 years before leaving the job—that gives time to take up other interests, for pleasure or to augment pension or income.

Pure flattery PRINTED PATTERN



By Anne Adams

A superbly shaped bodice—the most elegant way to be noticed by any at dinner, on a date. Double-breasted buttoning curves a sleek neckline by picture, creates a long-waisted look.

Printed Pattern code: Misses' Size 10, 12, 14, 16, 18, 20. Size 16 takes 4 yards of medium fabric.

Printed directions on each pattern part. Paper, scissors.

Bond fifty cents (50c) in colour (change cannot be accepted) for this pattern. Please send \$1.00 in cash, N.S. Name, Address, Style Number, and order.

Anne Adams Pattern Dept., Newmarket, P.E.I., Box 100, 60 Front Street, W., Toronto.



POLICE RAID—In a dramatic bid for freedom, Quebec election committee room workers smash plate glass windows and run past police, some got away while others were caught and dragged back. Police said the raid was carried out because of reports that weapons were concealed there.

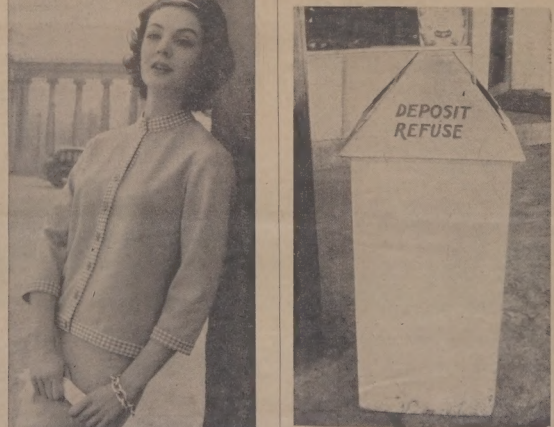
(The Dufferin Leader, Carmar, Man.)



NEIGHBORS HOLD BEE FOR INJURED FARMER—Neighbors of hybrid farmer Percy Gibson turned many of their own hands and tools to help him. They worked his land and put in his entire crop. Gibson, bringing 20 tractors and many other machines, worked throughout the day some of them having arrived as early as 7:00 o'clock. Responsibility for the organization of the bee lay largely with two of Mr. Gibson's neighbors, Clara McLeish

and Lloyd Harrison. Helping Mrs. Gibson in the preparations for the bee were Mrs. Gibson's two daughters, Mrs. Thos. Irish and Mrs. Chas. Murray. Percy, whose 160-acre farm is about four miles west of Carmar, holds a big recently when he and a neighbor were attempting to pull out a tractor mired in mud. Mrs. Percy, "It certainly is good to have neighbors such as these."

(The Province, Innisfail, Alta.)



CANADIAN MODEL Ann Milling is shown in a highlighter-worn jersey suit made in Vancouver. In the upper picture, the suit has a "cavalier" jacket edged with blue chevron of ivory, grey and white. The photograph was taken near Hyde Park in London, England.

Epilepsy

Epilepsy is a common and often misunderstood disease. An epileptic in a secure need not be troubled if he is not in danger of traffic or wet ground. A pencil placed

between his teeth will prevent him from biting his tongue. No stimulants may be given but when the seizure is over, he can be lifted and he will probably sleep hours less hard on the home if valuable

Destructive child

Destructiveness in a child may have various causes. Usually, it is unintentional, puppy-like clumsiness. This type of child will be less hard on the home if valuable

articles are put out of his way and if he has a spot of his own where he can romp. A child who takes things things apart will get many hours of amusement out of an aid disused clock.



A CHECKED SUIT of beige and white linen from Broad of New York. The curved lines of the waist length jacket are in contrast to the straight lines of the skirt. The hat is from Rums.



ORDAINED AS PRIESTS—An Eskimo and a Mohawk Indian have become the first of their respective races to be ordained as priests in the Anglican Church in Canada. Rev. Armand Tagomona, left, 34-year-old Eskimo from Rankin Inlet in the Arctic, was ordained in Toronto. Rev. R. G. Brown, right, was ordained near Deseronto, Ont., on Mohawk Sunday, 11th anniversary of flight of tribes from what is now New York State to Canada.

ANGLICANS ORDAIN FIRST ESKIMO INTO PRIESTHOOD

Rev. Armand Tagomona, 34-year-old Eskimo from Rankin Inlet in the eastern Arctic, has become the first of his race to be ordained a full priest in the Anglican Church in Canada.

In a ceremony presided over by the Bishop of the Arctic, Rt. Rev. Donald B. March, and attended by high-ranking clergy, representatives of the federal government and the RCMP, and a group of Eskimoes waiting to be ordained, Tagomona was ordained at St. James' Cathedral, Toronto, on May 27.

The slim, good-looking young Eskimo, who was born in Inuvik, Inuit parents at Repulse Bay, and who was converted to Christianity as a child, has long been identified with the Anglican Church in the eastern Arctic. Although lacking formal education, he received training from several missionaries and has supplemented his training with extensive reading. Mr. Tagomona, in addition to Eskimo speaks English fluently.

Ordained eleven years ago, Mr. Tagomona has since carried out the work of the Church at Repulse Bay with marked success. His congregation of about 40 includes both white and Eskimo. Rankin Inlet is a mining community on the west side of Hudson Bay.

Mr. Tagomona, with the help of his parishioners, last year constructed a frame mission which cost about more than 100 people. The mission has now become one of the community's main centres of interest and one of the things Mr. Tagomona did when he was in the Arctic was to arrange for recordings of church bells to be

THE UNRELIABLES

Indebted loans and lower taxes should not be separated from a keep a newsworthy note in deep water. If children or adults who these articles as support in the water, it should not be in water deeper than the water's waist, so that of the top back, flip away or a child's 3-year-old, or perhaps the person fit stand up right before.

ENJOY LIVING

SWIM SAFELY



"In-a-hurry" driver is campaign target

The motorist who risks his own safety and the safety of others by trying to make time in traffic will be the target of the "Slow Down and Live" campaign, sponsored in Canada by the Canadian Highway Safety Council during June, July and August.

Provincial and state organizations in Canada, the United States and Puerto Rico, guided by the Association of State and Provincial Highway Safety Councils, plan an all-out campaign to bring back to highway travel some of the fun and pleasure it once had. One of the ways to do it, they believe, is the elimination of the motorist who can get away with his license to get where he is going as fast as he can, regardless of the rights or safety of others. This driver's actions can result in anything from a traffic ticket to death in traffic, the Council warns.

Participation in the annual "Slow Down and Live" campaign is promised by federal, provincial and municipal governments and police and by industry, service and fraternal organizations, women's groups and many more. They will use the driver's 1967 slogan: "Highway Safety Can Make Driving Fun!"

Participation in the annual "Slow Down and Live" campaign is promised by federal, provincial and municipal governments and police and by industry, service and fraternal organizations, women's groups and many more. They will use the driver's 1967 slogan: "Highway Safety Can Make Driving Fun!"

Participation in the annual "Slow Down and Live" campaign is promised by federal, provincial and municipal governments and police and by industry, service and fraternal organizations, women's groups and many more. They will use the driver's 1967 slogan: "Highway Safety Can Make Driving Fun!"

Participation in the annual "Slow Down and Live" campaign is promised by federal, provincial and municipal governments and police and by industry, service and fraternal organizations, women's groups and many more. They will use the driver's 1967 slogan: "Highway Safety Can Make Driving Fun!"



LIBERAL LEADER JEAN LESARD and his wife, Corinne, after his victorious capture 50 of the 51 seats in the Legislative Assembly.

FIRST PLAYING CARDS

The first pack of playing cards in the world is preserved (shown) in use in Venice, Italy, in 15, 1845, when 1,070 persons perished.

TERRIBLE FIRE

The worst theatre fire in history occurred at Canot, Canada, May 19, 1845, when 1,070 persons perished.

Fly population

In June, the first fly have come to life and the day, are waiting, they have started new generations. Picnic, they are not to spread out but not covered, are good places for the fly to get into. Lighting on the foot after they have been used and put in fill and have used garbage bins, gathering disease germs on the way, they will have contaminated everything from the tableware to the fly. Food should be covered to protect its surface from these dangerous pests.

CHEESE — STAR OF MEAL TIME

There is an old saying "Cheese is done any cheese at the morning, noon and lead at night." Many of you have heard this statement which means that cheese is such a versatile food it might well be served at any time of day.

Never before have Canadians chosen from. Yet, Canadians do not consume enough cheese. Could it be that we are not too familiar with the quality and value of cheese?

Cheese is a healthful food and should take a prominent place in menus of both adults and children. Because of its high protein content, cheese is in the same class as meat, milk, eggs and eggs. You need one serving of meat or its substitute daily, so use cheese often—more than three times a week as suggested in Canada's Food Guide.

Canadian Cheddar, the principal type of cheese made in this country is commonly called Canadian Cheese, and is often referred to simply as cheddar. It is a firm-textured cheese usually made in large wheels and sold to you cut in wedges of various weights. It is available as colored (yellow) or uncolored (white) cheddar, and is sold according to age as new (mild), medium and old (strong). The age of the cheese affects both flavor and price but not its food value.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

In addition to cheddar, many other types of cheese are imported from other countries are good places for the day to get into. Lighting on the foot after they have been used and put in fill and have used garbage bins, gathering disease germs on the way, they will have contaminated everything from the tableware to the fly. Food should be covered to protect its surface from these dangerous pests.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

out—and into the fridge it goes, is gold in the morning, noon and lead at night." Many of you have heard this statement which means that cheese is such a versatile food it might well be served at any time of day.

Never before have Canadians chosen from. Yet, Canadians do not consume enough cheese. Could it be that we are not too familiar with the quality and value of cheese?

Cheese is a healthful food and should take a prominent place in menus of both adults and children. Because of its high protein content, cheese is in the same class as meat, milk, eggs and eggs. You need one serving of meat or its substitute daily, so use cheese often—more than three times a week as suggested in Canada's Food Guide.

Canadian Cheddar, the principal type of cheese made in this country is commonly called Canadian Cheese, and is often referred to simply as cheddar. It is a firm-textured cheese usually made in large wheels and sold to you cut in wedges of various weights. It is available as colored (yellow) or uncolored (white) cheddar, and is sold according to age as new (mild), medium and old (strong). The age of the cheese affects both flavor and price but not its food value.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

In addition to cheddar, many other types of cheese are imported from other countries are good places for the day to get into. Lighting on the foot after they have been used and put in fill and have used garbage bins, gathering disease germs on the way, they will have contaminated everything from the tableware to the fly. Food should be covered to protect its surface from these dangerous pests.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Process cheese is made from cheddar cheese which is ground and heated to pasteurization temperature and then poured into moulds or packages to solidify. This controlled process assures uniformity of flavor and texture in the cheese. Process cheese usually made in slabs, is softer than cheddar cheese and spreads more easily.

Attention Farmers!

FIRST QUALITY GOODYEAR REAR TRACTOR TIRES

Size	Reg. Price	SALE PRICE	You Save
10-28 4 Ply	73.20	51.00	22.20
12-38 6 Ply	131.25	91.50	39.75
13-26 6 Ply	115.80	80.75	35.05
14-30 6 Ply	155.40	108.40	47.00
14-34 6 Ply	172.60	120.40	52.20
15-34 6 Ply	217.60	151.75	65.85

LIFETIME GUARANTEE

Outstanding Truck Tire Values

Size	Reg. Price	SALE PRICE	You Save
650-16 6 Ply Rib	40.30	28.25	12.05
750-17 8 Ply Rib	72.95	49.60	23.35

Plus a complete range of Sizes and Types not listed at similar Bargain Prices

WE HAVE A LARGE STOCK OF COMPLETELY RECONDITIONED USED TRACTOR TIRES

THIS WEEK'S FEATURE VALUE
2—14-34 open centre tires 40.00 each

All orders C.O.D., Prepaid

Address enquiries to:

REGINA TIRE MART

LIMITED

ST. JOHN and 8th, REGINA, SASK.

or PHONE 10 8-4204

The famous Douglas fir tree is not a fir but a hemlock.

Do FALSE TEETH Rock, Slide or Slip?

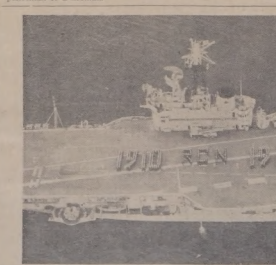
FALTEETH, an improved portable for the patient to use in the home. Do not slide, slip or rock. No moving parts. No risk of falling. No pain. No cost. Check "false teeth" (denture teeth). Get FALTEETH at any drug store.

STOP ARTHRITIS

WITH Knowledge
WHAT FOR A FREE BOOKLET
"What you should know about Arthritis"

The Canadian Arthritis and Rheumatism Society
304 Richmond Crown Building
Regina - Sask.

BLASTING CAPS—None of this cat's nine lives are in danger when the blasting caps it's investigating are not loaded. But the step caps sometimes found near construction sites are definitely loaded and can mean plenty of danger for children who pick them up. Contractors using explosive and blasting caps are required to keep their supplies locked up. But parents and public authorities can help to avoid accidents by warning children not to touch any caps they find but to report them immediately to a policeman or a Serrano.



ANNIVERSARY SALUTE—A special salute to the Royal Canadian Navy, this year celebrating its 50th anniversary, is featured on the flight deck of the aircraft carrier, largest ship in the RCN, by some 400 members of her ship's company.

—National Defence photo.

